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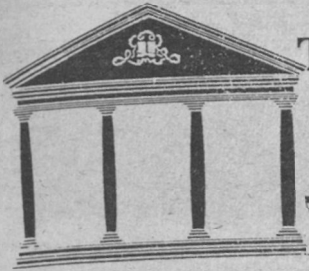
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The

INKWELL

Armstrong State College Student Voice

VOL. LIII, No. 6 November 16, 1988

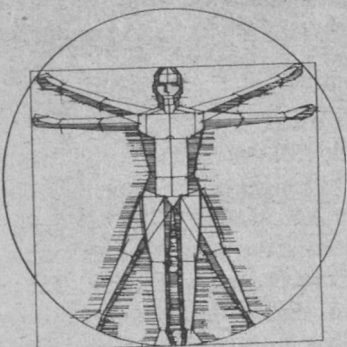
Stress management during finals week

by Lisa Gunderson

How many times have you heard or said this yourself: "I can't take this anymore?" At this point, stress has worn you down and a job in the retail petroleum business begins to look very desirable. But don't despair—stress can be managed. Believe it or not, constructive actions cannot take place without stress.

Stress is an integral part of everyone's life. According to Dr. Grace Martin, Head of the Psychology Department, stress cannot and should not be eliminated from your life. You should try to keep stress at an optimum level, but if it exceeds your ability to cope, then it can become a serious problem.

When do you know if stress has crossed over the line of constructiveness and begun to make you a neurotic wreck? Several physical symptoms show up, such as excessive weight gain or loss, stomach upset, changes in sleep habits, and muscle tension.



The way you react to your physical environment is also affected by excessive stress. For example, an increase in arguing, negative attitudes, relationship problems, and worrying over any of the physical signs signal that you need to better cope with the stress in your life.

Coping with stress doesn't entail grabbing a six-pack of Bud or a handful of chocolate, although both are tempting escapes from stress. The point of stress management is to bring your stress to a manageable level so you don't feel overwhelmed. There are many ways to cope with stress, and no single way will work by itself; instead, managing your stress is a three-fold process which involves changing how you handle your attitude, your body, and your time. One of the best places to look for help in dealing with stress is the Counseling Center in the Administration Building.

The Counseling Center has two counselors to help students at Armstrong with various problems. I talked to Lynn Benson, who suggested some ways students can

handle the stress that school puts on them. One way is by using the center's biofeedback machine, which helps you to lower your tension by will. Relaxation tapes are also available. There are six tapes, and each takes about twenty-five minutes to listen to. To listen to the tapes, make an appointment with the Counseling Center. The Counseling

According to Dr. Grace Martin, stress is an integral part of everyone's life. The key is to keep stress at an optimum level.

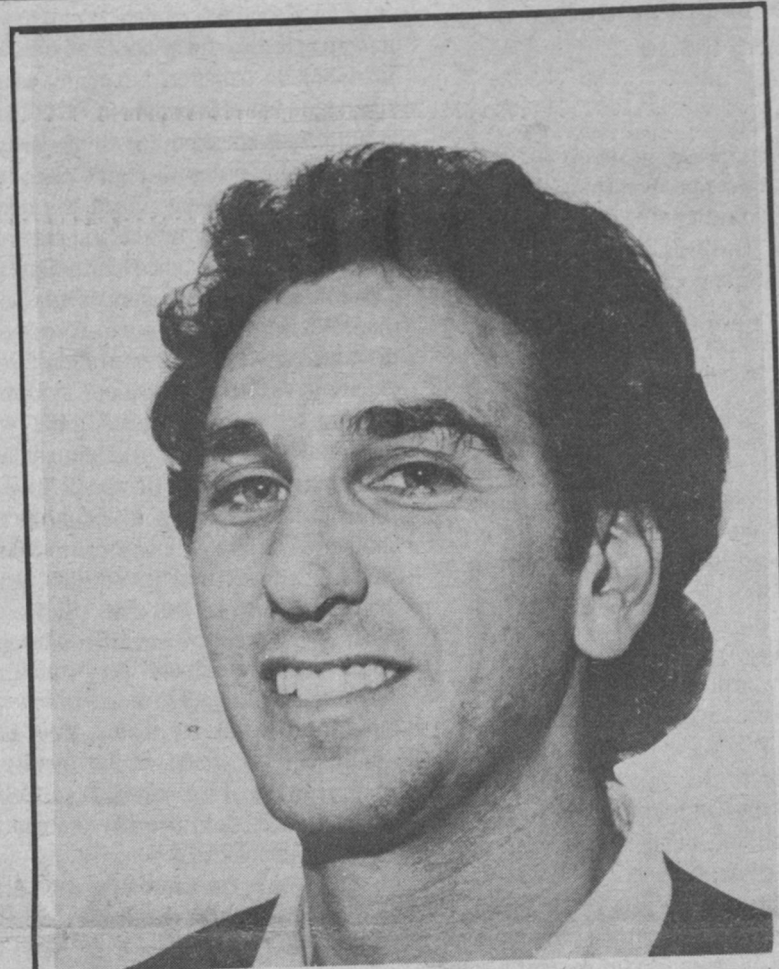
Center also has a filmstrip which can be checked out and watched in the library. In addition, the Counseling Center has many different pamphlets on stress which give other ideas about relaxation techniques.

These pamphlets reiterate many of the same things that Ms. Benson urges when helping students reduce the impact of stress on their lives. Deep breathing and different breathing exercises are a quick way to relax and release tension and they can be done anywhere from a classroom to home. In this method, you fix in your mind a scene which gives you pleasure and focus on that for a few minutes.

Exercise also plays a very important part in stress management. Walking, swimming, jogging, or bicycling three or four days a week for thirty minutes will help build your body and let you release pent-up frustrations.

Managing your time wisely is crucial in reducing stress. Plan your week as far in advance as possible so you'll know how to budget your time. Just because an assignment isn't due until the end of the week is not reason not to work on Monday, if you have time. Good planning will keep you from being behind the power curve, thus lowering the amount of stress in your life.

A great way of finding stress management ideas is to ask your friends how they deal with it. Some students run or walk while others play the piano. Students cite one way of stress management over all others: confiding in a girlfriend or boyfriend, family, or someone else close. Often, talking about the problems in your life to a sympathetic party is a wonderful way of reducing stress. Clubs are great at helping reduce stress. People with the same interests most likely have the same types of stress. Having someone's view on your problem can help you find and answer by yourself. ♦



Bob Katz, founder of the Assassination Information Bureau, will speak at Jenkins Hall Auditorium at 12:30pm.

Who killed JFK? Bob Katz speaks at ASC

"Who killed JFK?", a program of slides and film from the controversial Dallas Assassination, will be presented at Jenkins Hall auditorium, November 21st at 12:30 pm. This event is sponsored by CUB (College Union Board) Special Events.

The speaker will be Bob Katz, founder of the Assassination Information Bureau, a public education organization which helped bring about and monitor the 1978 Congressional investigation into the murder. His writings on the subject have appeared in the Washington Post and in *Mother Jones* magazine, and he has lectured at more than two hundred colleges and universities.

"Few people know that the Congressional investigation found that Kennedy was 'probably killed by a conspiracy,'" as-

serts Katz. "We know that Oswald was not alone, and we know that Jack Ruby had help in silencing him. Now more than ever, it's important for ordinary citizens to understand what happened in Dallas.

Illustrated by slides and the famous Zapruder film, the murder is examined in terms of the material evidence, Oswald's travel to Russia and his associates in New Orleans, Jack Ruby's connections to organized crime, and the failure of the Warren Commission to discover the leads to conspiracy.

The program places the assassination in the context of the Kennedy years — the Cuban crises, the Vietnam build-up, and the growing tensions between Kennedy and the factions of the Mafia. ♦

INSIDE THIS ISSUE...

STUDENT RESPONSE TO SMOKING BAN

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LETTERS TO THE EDITOR

Students speak out on smoking issue

Dear Editor,

During Spring quarter of 1988 the student body voted to ban smoking inside the building on campus (with the exception of M.C.C.). This was done fairly, by popular vote, in keeping with our democratic society.

However, in eliminating the problem of smoke congested hallways, another problem has been created. Our campus is now an eyesore of cigarette butts. It would be appreciated if the powers-that-be would have ash cans strategically placed at outside entrances of buildings. Let's give the people who choose to smoke somewhere to put their butts!

name withheld

Dear Editor,

A few articles in the last issue of *The Inkwell* were devoted to the proposed smoking ban. While I'm not going to argue the wrongness or the rightness of the issue, I would like to address the impression you gave of the student body not being properly represented on the issue.

Five percent of the 3000 plus students at ASC voted in last year's spring elections. Sixty percent voted to implement a smoking ban in the hallways of the buildings here at ASC. In your editorial you asked the

students if they voiced their opinions and if it matters if they did or not. For your information, it does matter. No matter what the figures are, the referendum passed. Too bad a minority is speaking for the majority.

My point is this — regardless of what percentage of students voted, the referendum was approved by the students. This was the crucial input the Faculty Executive Committee desired to pursue the issue further. Would you suggest a re-vote to allow the ninety-five percent who didn't vote a chance to cast their decisions? I think not. If only fifty percent of eligible voters America voted in this year's presidential elections, and the other fifty percent weren't content with the outcome, should there be another election to allow them to exercise their Constitutional right? You hit it right on the head when you said that only five percent of the students "exercised their right to vote." The other ninety-five percent exercised their rights not to vote and allowed the minority to speak for them. Your blame should not be aimed at the faculty and administration of Armstrong State College, but, instead, on the ninety-five percent non-voting students.

The faculty and administration are not losing sight of the students, the students are hiding.

Michael West
Elections Committee Chairman

Editor's response:

I appreciate your comments regarding the last editorial. The following response will, hopefully, clarify my position.

Two articles were devoted to the smoking ban and the editorial only made an example of the issue to prove the lack of service and involvement on the part of the administration, staff and students.

I did give the impression that "the student body (was not) properly represented on the issue" by citing that a mere 150 students bothered to vote. When I asked if it mattered or not, I was directing my question to students. I agree with you, it does matter. But the referendum has not passed because of the student vote. The Faculty Executive Committee merely wanted our input, not our actual vote. The final decision is not up to us but up to faculty and administration. Shouldn't this issue be up to us to decide? But then, why should administration or faculty allow us any more consideration when only 150 of us choose to voice our opinions when they ask for it?

I would also like to clarify my comment regarding the election process. To many students on ASC's campus, SGA and elections seem to be a covert operation with the same clique of students running year after year. The only advertisement they get on elections is from a newspaper that is only published bi-monthly and from those candidates who choose to display campaign signs. Elections need to take place in a more visible location and students need to take a greater interest in the decisions they are allowed to make.

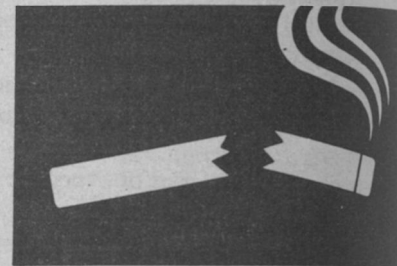
The editorial placed the blame on administration with regard to the merger issue, staff with regard to how they treat students on a daily basis, and students for not voicing their opinion with regard to the smoking ban.

We are losing sight of the students. And we-- faculty, administration, staff, and student-- need to take the blame and do something about it!

Dear Editor,

As Vice-President of the Student Government Association at Armstrong State College, I feel compelled to give the Student Government view in response to the recent article in the *Inkwell* regarding the smoking issue on campus.

Last spring during the Student Government elections, the Senate included a referendum stating — "I am in favor of banning smoking in the hallways and stairwells of Victor, Gamble, Hawes and Solms Halls (Y or N) Smoking is already prohibited in



Health Professions. A ban is not considered for the Memorial College Center, Fine Arts Center, Jenkins Hall or the Gymnasium since they also house public events." Less than 5% of the student body voted and those who voted on the referendum supported it 2:1. A memo regarding the outcome was sent by SGA president Bob Long to President Burnett, Vice-President Butler, Vice-President Buck, Dr. Roth, and Dr. Ealy, the members of the Executive committee. The memo also stated that the SGA would "support the Executive committee in any way that we can."

I do feel that the faculty and administration lost sight of the issue they originally presented to the SGA when numerous motions and counter motions were made at the October faculty meeting. The referendum as stated was an interpretation of what the Executive committee was considering last spring.

Many students may argue that the faculty does not consider the student's opinion in such campus decisions. The Executive

...continued next page

The Inkwell staff

The Inkwell is published five times per academic quarter. It is a student publication and does not necessarily reflect the views or opinions of the faculty, administration, the University System of Georgia, or the Board of Regents.

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The Inkwell welcomes letters to the editor provided they are signed. Names may be withheld upon request. Address all letters to *The Inkwell*, 11935 Abercorn Extension, Savannah, GA 31419-1997.



...continued from page 2

Committee is not obligated make their decisions based on student opinion — however, in this case, the SGA was approached for an answer to how the students felt. The decision of the Senate was to place the question before the students on the spring elections ballot.

All students were eligible to vote and polling hours were established to accommodate day and night students. The spring elections were the most publicized elections seen on this campus in recent years and it is unfortunate that less than 5% of the student body voted. (The 1987 elections were less publicized and more students turned out to vote.)

I do not know whether students felt that the campaign practices were too much like national elections and thus decided they would not vote, or whether they felt they had to vote in the general elections to be able to vote on the referendum. Everyone had a choice.

Whatever the case, Mr. Reid was correct in his article by saying that the discussion on the smoking issue was closed at the faculty meeting and the issue was returned to the committee. I encourage students to voice their opinions either to the SGA, or through *The Inkwell*.

On a final note, the Student Government Senate is presently working on a recommendation from Dr. Roth to obtain tables and benches to place around campus for those students wishing to sit outside the building and smoke, talk, or eat.

Also, to address Mr. Clanton, who was quoted in Mr. Reid's article, smoking is already prohibited in classrooms via a House Bill.

Stephanie Norman

V.P. Student Government Association

support the child if the mother gives birth.

We have folks that damn us if we do not attend church, if we are not blatant heterosexuals, if we are below the level of normal intelligence, or above it. We even have people who tell us where to set our thermostats! (Right, Dr. Pencoe?)

Closer to home, we have folks telling us where and when to smoke.

Frankly, I find those who chew gum to indulge in a more repulsive habit. They chew their cud noisily, and actually try to speak around it. They spit it casually on sidewalks, hide it under tables and chairs. Who knows what germs they are encouraging to attach to the unwitting shoe or hand that contacts their expulsions?

Second-hand smoke? C'mon! I drink water downstream from the Savannah River Plant, and the paper mills and sugar mills fumes lay a fog on my daily path to school. I'll die sooner from these ingestions than you will down wind from my cigarette.

What these petty-minded interest groups want is not less smoke, but increased control over our lives. Every step is a step towards an ultimate communist America. If you accede to it, you are part of the problem. 1984 is here and now, Orwell was right.

Beatrice M. Jones

Bookstore bandits run away with students' money

Dear Editor,

In this letter I would like to raise the topic of the growing displeasure of ASC students over the outrageously over priced books in the ASC bookstore. I would like to begin by outlining the position of a typical ASC student.

As we all know, ASC is not the institution where the rich and famous come to study, but on the contrary, almost 80% of the students come from middle class families and have to work to pay for their schooling. With the basic tuition fee being \$430 per quarter, having to shell out an additional \$100 for books (the average if you take 15 hours), forces the student to work for a minimum of three days a week just to pay for school. But unfortunately the bookstore authorities don't seem to be satisfied with the profit from these over-priced books. They add salt to the wounds of the students by buying back the used books for less than one-third the original price and then selling them back for more than half the original price. I think this is grossly unfair towards students.

The ASC governing body should remember that it is the students who make the school! By bringing the prices down, ASC would not only gain hundreds of students who are not able to afford school now, but more importantly the quality of education would improve tremendously. If the students don't have to work to pay for school, they will have more concentration, more energy and definitely more incentive to try and do their best.

I know a lot of students who go through the entire quarter without books because they can't afford them. This completely defeats the purpose of an educational institution. Profits are necessary but not at the cost of the schools' students.

I am really hoping that the school authorities give this matter very serious thought and make some changes if they have any intention at all of making ASC a recognized and respected school.

Pradeep Raman

HELP!

SGA WANTS YOU!

Anyone interested in filling the vacancy for SGA Secretary please call Bob Long or Al Harris at 927-5300.

Dear Students,

Welcome to the real world. Already you are seeing your first glimpses of U.S. Communism, where the wishes of a few control the lives of the many.

Of course, we democratically call "the few" special interest groups, Moral Majority, peoples' advocates. Never dare call 'em communists.

We have the folks who formed a special bureaucracy "to protect children." These bureaucratic demagogues parade quietly over the constitution, grinding it to dust. How? They have more power than police officers, as they need no legal document to break into your home, search for 'evidence' and prosecute. They have more power than a judge, as they decide where your children will live and with whom. They determine whether or not you will go to jail—it depends on if you can prove your innocence. Their accusation alone makes you guilty.

Moreover, we have groups that tell a woman what to do with her body - and force legislation through to emphasize it. These folks have never seen the aftermath of a coat-hanger abortion, not do they wish to



Governor's Helpline serves thousands in first year

Editor's note: The following article is a continuation of the Inkwells' coverage of the drug problem in Georgia.

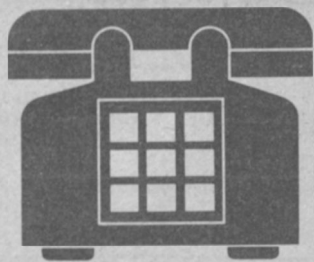
A 6-year-old girl was having trouble with her homework, so she picked up the telephone and dialed 1-800-338-6745 to ask for assistance.

Tom Hanson, program supervisor of the Governor's Drug Abuse Helpline, answered the call that spring afternoon and devoted a half hour to helping the frustrated youngster solve her math problems.

"I also took the opportunity to do a little prevention work," said Hanson, who admitted that most people calling the 1-year-old Helpline are seeking answers to more serious problems than adding and subtracting.

Adolescents, teen-agers and adults are calling the statewide Helpline to talk about drug addiction, alcoholism, rape, child abuse, depression and suicide, according to statistics maintained by the Helpline staff.

One man called the Helpline numerous times to talk about his addiction to cocaine. He was very paranoid, calling the hotline from a phone booth, talking awhile, then hanging up and calling from another phone booth.



The Helpline counselor listened to the caller, answered his questions and, after several conversations, convinced him to seek treatment. The caller took that advice, and later he and a member of his family called the Helpline and thanked the counselor.

In the summer of 1987, Gov. Joe Frank Harris announced plans to create a toll-free drug abuse hotline to serve the entire state.

Pam Harvey, executive director of the 17-year-old Houston Drug Action Council (HODAC) in Warner Robins, GA., submitted a bid for the Helpline.

In September 1987 the Helpline contract was awarded to HODAC, which has received name recognition across the state through its copyrighted "Good Touch, Bad Touch" child sexual abuse prevention and the "No! Power-Say No! to Drugs" drug abuse prevention curriculums for elementary schools.

HODAC operates the Helpline at its center at 404 Duke Ave. in Warner Robins, a Middle Georgia community of 46,000. The contract, which HODAC has secured through June 1989, provides funding for the salaries of three full-time employees and seven diem workers.

The Helpline is the only statewide, toll-free drug abuse information and referral line in the U.S., according to Harvey.

The Helpline staff, who man the phone 24 hours a day, seven days a week-received 7,929 calls between Oct. 23, 1987, when the line was installed, and Oct. 10, 1988.

The 36-year-old Hanson was named program supervisor of the Helpline last fall. A native of Walton County, Hanson moved to Houston County (Warner Robins is the largest of three municipalities in this county) more than 25 years ago.

Hanson, who studied psychology at Georgia College, worked in the law enforcement profession for more than seven years before joining the Helpline staff.

The Helpline telephone counselors bring personal experience to their jobs, according to Hanson.

"Most of our Helpline counselors are in the recovery," he said, "so they bring this job their personal experience of dealing with the drug or alcohol addiction. Some also have dealt in crisis-related fields."

"Once a month we have a staff meeting, which gives us all a chance to talk about those calls that really bother us," he said. "We also have two training sessions per month for our staff. Since the Helpline started we've had about 27 training sessions, some conducted by the HODAC staff and some by other professionals."

"The sessions cover such areas as child abuse, domestic violence, drug addiction, alcoholism, sexual assault and rape. It is important that the Helpline staff attends these sessions so that they have on-going training."

According to Hanson, all phone counselors receive 20 hours of training before they answer their first calls alone.

"They have 10 hours of training before they ever man the phones, then they have someone with them during their first 10 hours of phone counseling," he explained.

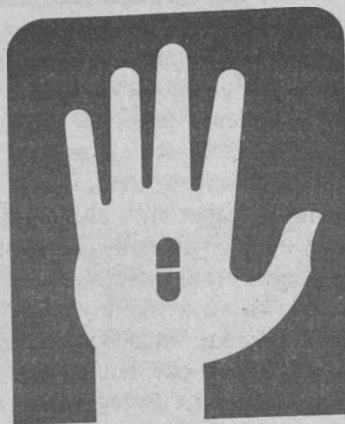
A young man, who later revealed he had been diagnosed as a paranoid schizophrenic, called the Helpline and told the phone counselor he wanted to kill himself.

The counselor talked to the caller for more than an hour, listening to his story and offering support. Before their conversation ended, the counselor had convinced the man to continue seeing his psychiatrist.

Several weeks passed before the caller dialed the Helpline number again. This time he reported he was still in therapy and doing much better. He continues to call the Helpline regularly so he can keep the concerned counselor informed of his progress.

All Helpline phone calls are documented, but the caller may remain anonymous.

"We keep a report on every call for statistical data, and if the caller chooses to identify himself or herself, we are bound by confidentiality laws," Hanson said. "We do try to get the callers to at least tell us what country they are calling from, and we always note the reason for the call."



"When our counselors are dealing with what they believe to be a life-threatening situation or a possible suicide attempt," he continued, "they do try to get as much information as possible from the caller, and in such cases we do have the ability to trace the calls in order to get help to those persons."

A 14-year-old boy called the Helpline and asked for information on drugs. He told the phone counselor he was calling from a mental health facility in his community.

During the lengthy phone conversation, he admitted to the counselor that he has been a victim of sexual abuse. The offender, he said, was his mother.

The counselor, after learning the teenager had shared his story with her and no one else, encouraged him to talk to his therapist about the incidents so he could continue to get help.

The Helpline averages about 650 calls per month.

"According to information compiled by the Helpline staff, the average caller is in the mid 20's. Also, more females than males and more adults than adolescents call the Helpline."

Mostly of the calls are received between 2-4 p.m., followed by 4-6 p.m., the noon-2 p.m.

Information from the callers indicates the drug of choice is cocaine, followed by alcohol, marijuana, and multi-drug use.

"We have put together what is probably one of the most comprehensive resource manuals around," Hanson said, referring to a 12-pound book listing private and state-supported treatment facilities in Georgia. The book includes inpatient and outpatient treatment centers, as well as self-help groups, such as Alcoholics Anonymous and Narcotics Anonymous.

"We also use the Physicians' Desk Reference, and we're putting together a manual listing 'street drugs'," Hanson said. "We tell all the callers where they

can find additional help, be it a treatment facility or self-help group, in their area."

A high school student in a South Georgia county called the Helpline to report rumors of a suicide pact among teenagers in her hometown. She said a friend had told her that he was included in the pact.

The counselor commended the caller for notifying someone. After learning the name of the caller's friend, the counselor called law enforcement officers in that area and asked them to intervene before anyone was hurt.

"Although more adults than kids call the Helpline, we still get lots of calls from kids," said Harvey, HODAC's executive director. "Our hope is to tap the needs of the adolescent population, in addition to the adult population, because adolescents have limited resources and so many of them are hurting."

Harvey said she is more than satisfied with the activity of the Governor's Drug Abuse Helpline.

"Looking back over the past year, I feel it has been worth the investment," she said. "Our goal is to continue to make sure all Georgia residents are aware of the Helpline and know that it is here for them." ♦

Happy
Turkey
Day!



from
the
Inkwell
staff



photo by Vi Riner

Vice President-Elect Dan Quayle waves to the crowd during his Savannah campaign trip in October



photo by Vi Riner

Savannah southern belles welcome their favorite vice presidential candidate, Dan Quayle

Inkwell predicts Bush mudslide

by Ron Speir, Jr.

After several days of intensive and cautious research **The Inkwell** has projected George Bush as the next President of the United States. It is the policy of this paper to be extremely careful when making projections on major elections and to allow time for everyone to cast his or her vote without any outside influence.

Actually, our crack staff of pollsters and political analysts first projected Bush to win on April 8th, 1973.

It is very hard to take an objective look back at the past election, because all the mud seems to block the view. Many people had to have woken up on November 9th and wondered what they had done.

Only about half the registered voters turned out to vote on election day. The other half of the country was either too busy to care about their future or had no interest in their future whatsoever, leaving their future in the hands of strangers. Just remember, if you didn't vote, don't complain.

Those who did go to vote must have done so with all the enthusiasm of a kid

going to get a tooth pulled by a blind proctologist. Even after two and a half months of a two man campaign, not to mention all the months of the primaries, many voters had to feel that they still did not know who or what they were voting for. Where's the beef?

The classic cliché of empty campaign promises has taken on a new definition. Today's politicians never reveal how they will work their miracles. They only set goals, which can later be declared unreachable due to various unforeseen problems in an unseen plan.

With the election over, we must now look toward a future that is equally clouded by mud as the past. Who knows? Maybe the voter did make the right choice on November 8th.

All those bewildered slumberers who woke up in a daze on November 9th must make their beds, and later that day they must lie in them, for better or for worst. Just remember that **The Inkwell** was the first publication to project the winner of the election, and if you think that's something, then you should hear our projections on the Superbowl! ♦

Anyone having information regarding a car that was broken into on November 8 between 9:30am and 3pm in the paved parking lot next to the PE building please contact security at 927-5236

WHO'S WHO? ASC KNOWS!

The following students were named WHO'S WHO AMONG STUDENTS IN AMERICAN UNIVERSITIES AND COLLEGES

Evelyn Aimar
Stacy Hooks
Althea Johnson
Robert Long

Anne Muller
Stephanie Norman
Michael Shin
Michael West



THINKING ABOUT YOUR FUTURE? ARE YOU UNDECIDED? YOU SHOULD THINK LONG AND HARD ABOUT ONE OF THE MOST CRUCIAL DECISIONS YOU WILL EVER MAKE --- YOUR CAREER. MEDICAL TECHNOLOGY IS A PROFESSION THAT GROWS INCREASINGLY IMPORTANT IN THE MEDICAL COMMUNITY. WHY NOT CONSIDER MEDICAL TECHNOLOGY AS A CAREER.

FOR MORE INFORMATION CONTACT LESTER HARDEGREE OR ANNE RODGERS ROOM 265 HEALTH PROFESSIONS BLDG. 927-5204



ASC students honored in October parade -
(back) Tyrone Greene, Mr. Ebony Coalition; DeVita Capers, Miss Ebony Coalition; Avery Taylor, Mr. Pink & Blue; (front) Melissa Pittway and Angelisa Savage, tied Miss Pink & Blue

How to sleep in class... without even trying

by George Conlin

Sleeping in class is an artful skill. While the sleeping comes easily for the most part, remaining unseen or out of trouble is a real skill. There are many things to consider when one wishes to doze off during class. Some general things to be aware of are classroom policies, position in class, sleeping position, and how much work will be missed (if any).

First, consider classroom policies. The severity of the punishment will determine the importance of the execution of all the remaining steps. If there are no repercussions, such as punishment or missed assignments, then sleep and enjoy. Always assume that you are going to be caught. Then weigh the consequences and decide if you're willing to pay the price. If you aren't willing to pay the price, then you aren't tired enough.

Next, one needs to assess his neighbor. Analyzing the nature of one's neighbor is part of the process. Make sure there are no practical jokesters nearby. A sleeping classmate is their dream. Your neighbor, if he can be trusted, must be fully utilized. He has to be responsible for getting any missed notes. Make sure that he will wake you if class is over, or if it looks as if you are about to be nailed to the wall. Your neighbor becomes very important if you are called on during sleep, for he will give you the answer. In addition, he can be used as a screen between you and the teacher.

You will then need to evaluate your position in class. Avoid the appearance of hiding in class, for teachers pick on the hidden. Make sure you are visible except for the

closed eyes which is a slight hint that you are not awake.

Now, you're ready to proceed to the crucial step of sleeping in class. There are several different positions that can be used. If the assignment is to be read, then take the perceived reading position. Put your elbow on the desk and your head on your hand and pretend to read. You need to turn pages, bounce feet, fidget, and move around a bit.

Then there is the lecture nap. This is used when the teacher is giving a lecture that you care to miss. You simply put your elbow on your knee and your head on your hand, with your other hand acting as if you are jotting down notes. Another useful hint is to take a minute and look at the teacher, or maybe answer a question. This will give the instructor the impression that you are paying attention.

The most difficult one to pull off is referred to as the sound asleep or "crash" position. This is usually done when you don't care about the punishment, or you're so tired that you just can't stay awake. In this position there is little to be interpreted except that you're asleep. At this point, your only escape is to fabricate credible excuses. One that works only once is the sick look. Or use the excuse that you're on medication. Remember, if you can get away with it and the punishment is tolerable, then go for it.

These three steps insure the success of sleeping in class. These guidelines have been developed through over twelve years of experience. Don't be discouraged if you make a mistake in applying one of these strategies. Learn from your mistakes. Remember, practice makes perfect! ♦

Rev. Fuller provides answers to final exams

by Rev. Chris Fuller

It's that time of year when everyone freaks out, wears out and burns out. Hopefully, everyone comes out with a passing grade. That's right — it's finals! Yuck!

Your professors are making a list and checking it twice, gonna find out who's naughty or nice. Forget Santa. He doesn't come around for another month. It's twelve o'clock—do you know where your textbook is? It is also about this time that you suddenly realize that your note-taking system is illegible. Not only that, you don't have any notes for all those days you skipped! I hate it when that happens.

Then you get the phone call. "Hey, we're studying over at so-and-so's house. Come on over!" "Great," you say, "there's hope yet!" But what to your wandering eyes should appear, but a huge toga party with lots of lite beer! Well, maybe next year!

Life goes on. As much as we wish life would stop so we could get off, the fated hour arrives. We wince through tired eyes

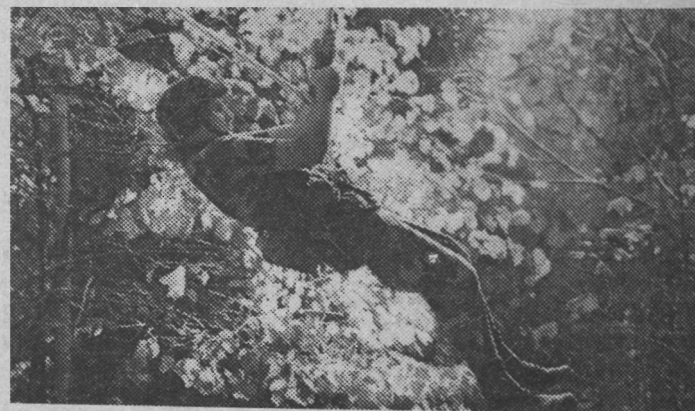
at the questions we failed to study. Maybe the building will catch on fire! Straining your brain cells to the limit, you eek out some kind of answer. You vow to do it all differently next quarter, if there is a next quarter. What does Goethe or quadratic equations have to do with the real world anyway?

Why are you here? Who am I? As you wax eloquent, philosophizing the meaning of life, you discover that time is up, and it is time to turn the test in. The questions sink back into nothingness, as you head for the nearest bed. Questions? What questions?

We all ask ourselves two questions in life. Who am I? and what is my purpose or calling in life? These are serious questions and they deserve an answer. Don't cheat yourself. Take the time to find the truth. If you are honest with yourself, I believe that Jesus Christ will be a part of the answer to your question. He is also the answer for your final exam.

Want to talk about it? The BSU meets every Friday for a free lunch at 12:30pm at the BSU building. Hope to see you there!

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**TONIGHT'S
HOMEWORK IS TAKING
THAT HILL.**



Keifer Sutherland and Robert Downey, Jr. star in Ernest Thompson's film "1969"

"1969", filmed in Savannah, opens November 18th

(Atlantic Entertainment Group - Press Release) On Friday, November 18th, "1969" will open at Abercorn Cinema. It was filmed in and around the Savannah area, including Armstrong State College campus.

"1969" is the story of two small town teenagers who learn through love, death, family, and war what friendship and freedom mean in America. It was a year the world split apart, but a generation came together. It was a year when, if you were young, life was full of infinite possibilities.

Under the direction of Ernest Thompson ("On Golden Pond") the film contains autobiographical roots about a time which left a solid mark on Thompson's psyche. "1969" stars Keifer Sutherland, Robert Downey, Jr., Bruce Dern and Mariette Hartley.



NEW LIBRARY HOURS!

November 23, Reading Day - 9:00a.m.-5:00p.m.

November 24-26 - Closed

Sunday, November 27 - 1:00p.m.-9:00p.m.

Mon., Tues., November 28,29 - 8:00a.m.-10:30p.m.

November 30-December 23 - 8:00a.m.-5:00 p.m.

Closed weekends

December 26-January 1 - Library Closed

Gorillas in the Mist: reality or Hollywood glitz?

by Ron Speir, Jr.

Gorillas in the Mist, the latest true-to-life film, features Sigourney Weaver as Diane Fossey, an American naturalist who spends most of her life studying a nearly extinct species of gorillas. The film focuses on the bond that Fossey developed with her gorillas. This bond is what allowed Fossey to do what no other researcher had ever done: make actual contact.

The film begins with Fossey approaching the famous archeologist, Dr. Louis Leakey, about her filling a position as census taker for the mountain gorillas on a central African mountain. Upon her arrival, she was abandoned by Leakey in the middle of a civil war with a jeep full of supplies, a map, and money to buy food and guides. Undaunted, Fossey began to establish herself on the mountain, overcoming several obstacles, especially that of being alone in the jungle.

The beauty of the film lies in the relationship that Fossey establishes with the gorillas. By acting in the same manner as the female gorillas, Fossey slowly becomes

accepted by a group of gorillas, allowing her to make incredible new discoveries regarding how gorillas interact.

Sigourney Weaver's acting is admirable, especially considering that she had to act on two different levels. Weaver, as Fossey did, had to establish herself with the real gorillas that were used in the film. The scenes with Weaver and the gorillas will become more memorable to movie followers than those of King Kong and Fay Wray. This relationship is tightened as Fossey battles against poachers killing the gorillas for the typical monetary reasons. Unfortunately, some human elements are added to the story, and while her love affair with a National Geographic photographer helps establish her devotion to the gorillas, it also adds an unneeded love story. Overall, it becomes very apparent how removed from human feeling Fossey becomes as her closeness with the Gorillas grows.

The movie is a must for any animal lover or anyone who appreciates true-to-life stories. However, the Hollywood dramatics lead you to ask how much of the story is true and how much is glitz, but the story maintains a powerful punch along with its story.

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photo by Vi Riner

Scott Ellis, catcher for the ASC Pirate baseball team, eyes a pop fly during a recent game here at Armstrong

Promising season for ASC swimming Pirates

by Ron Speir, Jr.

There is a group of thirteen Lady Pirates who roll out of bed three days a week for a 6:00am date with the ASC swimming pool and Coach Marc Paglia.

If the idea of practicing from six to seven on Monday, Wednesday, and Friday mornings isn't bad, then add a 1:30pm - 3:15pm practice every day and a Saturday morning practice too! Only one word can come close to describing the 1988-89 Lady Pirates swim team - dedication.

Coach Paglia, a former collegiate swimmer at Michigan State University, has been the Head Swimming Coach for the ASC program for the three years it has been involved in active competition. "So far, about a month into the season, this is probably the best team we've had — not only in talent - but with togetherness and working as a team." Coach Paglia commented.

The season officially begins November 18 as Pfiffer College and Georgia Southern come to Savannah at 5:00pm for a tri-meet at ASC.

Coach Paglia hopes that a competitive meet against GSC could be the barometer for a good, competitive year. "Georgia Southern has and a real strong program for a number of years," points out Coach Paglia, "That would be a good gauge for us, if we could someday beat GSC."

Other opponents this year will be Augusta, Georgia State, and College of Char-

leston, in a series of meets that begin on December 5 and conclude with the Championships in mid February.

For those who may still be thinking in the Olympic state of mind a swim meet between two schools is slightly different. A team may enter a single individual in a maximum of three of the sixteen events. Scoring varies depending on the scoring system the coaches decide to use, but the most common system credits 5 points for 1st place, 3 points for second, and 1 point for third in the individual events and 7 points for the team that wins the relay event.

"The strengths of our team should be our sprints, breaststroke, and backstroke events and our relays." Coach Paglia said. Making the big points in the relays could really help bolster the point totals for the team. ASC's strength in relays is due to the great depth helped by swimmers, Freshman Carla Stevens, Junior's Rena Dukes and Kamie Varnedoe and Senior Theresa Porzio.

The entire team must perform well, like any other team sport, but especially in swimming where a swimmers' individual performance determines the fate of the team.

This year's team will be expecting strong performances returning swimmers Tula Koch, Cindy Nunley and Noelle French. But watch out for the incoming freshman Sandra Adams, Ellen Bradbury, Angie Hankinson, Barbara Maddox, Jennifer Purcell, and Rachel Walton! With such a young team the future for swimming at ASC should be very exciting. ♦

ASC BASKETBALL BEGINS!

first home games:

Men - Nov. 18

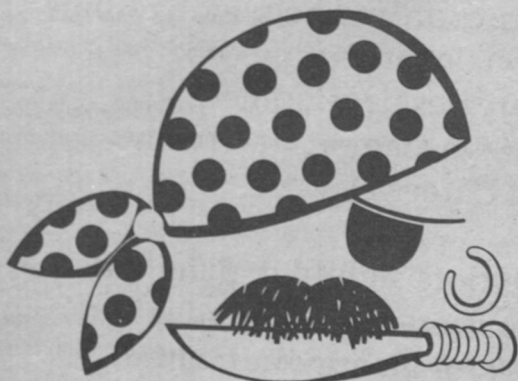
7:30pm

Women - Nov. 21

7:00pm



1988-89 Women's swim team (from left to right) bottom: Rachel Walton, Noelle French, Rena Dukes, Ellen Bradbury, Kamie Varnedoe, Sandra Adams. Top: Cindy Nunley, Tula Koch, Carla Stevens, Jennifer Purcell, Coach Marc Paglia.



BSC grope opera

by Harly Quinn

Bobby Ray wasn't at the apartment that afternoon when Jen received a call from her younger sister, Julie. "Jen, I've found the perfect escort for you to my Debutante Ball. He does have a very fat wallet-- he's from a very, very rich family from Texas, you know, the Hunt family! His name is Robert Ray Hunt, and he is loaded"

The phone dropped from Jen's hand as the news reached her ear. "Bobby Ray loaded," she repeated to herself. Then just as rapidly as the first shock hit, she made the realization that she would have to be seen in public with the outcast of the social scene. A wave of depression washed over her, but that feeling was quickly quickly swept away with the second thought of all the clothes that Bobby Ray's money could buy.

Dr. Quail and her lover, Dr. Ben Bentley, pried themselves out of the chocking embrace that they had maintained since last issue. The secretary's reminder over the intercom about the upcoming faculty meeting was the interrupting force that drove the two closet lovers to cease and desist.

Dr. Quail turned to Ben, who was straightening his tie, and asked, "Must we go to this boring faculty meeting? Can't we stay her and argue between the two of us?"

A smile ran across their faces, but the moment ended with a quick peck on the cheek as Ben left the office. Quail allowed him a two minute head start before she left.

The two always nonchalantly chose seats opposite each other so they could exchange sultry looks. But their view of each other was obstructed when an unglamorous administrative worker sat down quietly, flanked by empty seats (the only ones in the room).

The meeting started with the old routine. The old business was another rerun with the English department continuing to demand that the building be sprayed for bookworms and Dr. Cudgery of the Biology department begging for more lab mice.

Finally, Dr. Bunk reached the moment he dreaded. "I have received reports that there is a serious problem with a member of the faculty restraining her sexual drive toward another faculty member of the same gender."

The crowd went wild as Dr. Bunk called for order. Could the rumors be true? Is Leslie May Peters, the unglamorous admin worker, practicing her deeds on campus?

At exactly the wrong moment Leslie May looked up in the general direction of Dr. Quail, who was engaged in a very inviting gaze directed at Ben. The eyes of the faculty misread the glances, putting one and one together the faculty got four.

Sasha laughed to herself as she took notes for the school newspaper, The Cheat Sheet. "Oh, Quail you bumbling fool. You just made my job much easier. One more

anonymous letter to Dr. Bunk should finish Quail at BSC or any other school.

Skip, Biff, and Chip had gone to their favorite watering hole, The Argyle Sock, to drown their sorrows. They were depressed over losing a chance to become incredibly rich by marrying the wealthy Sunbeam "Hellik" Hunt.

Chip excused himself for the bathroom and never came back, and thirty minutes of waiting drove Biff and Skip to forget about him and leave to go their separate routes home. The shock need not be described when the two faced each other at the door to Sunbeam's apartment a quarter hour later.

"What are you doing here?" They both simultaneously demanded of each other.

Skip claimed to be lost, and he stopped for directions not knowing whose apartment it was. Biff claimed that his car was broken down, and he needed to use the phone. Within seconds of the last fabrication, Sunbeam answered the door, and with a sly grin she led them into the apartment, where Chip attempted to hide from the confused glare of his roommates.

"Chip just asked me to marry him. He says he is the real father. But all three of you are too late. This morning I went to buy a National Expository. When my eyes saw the cover, it all clicked, ya know? This is the baby's real father."

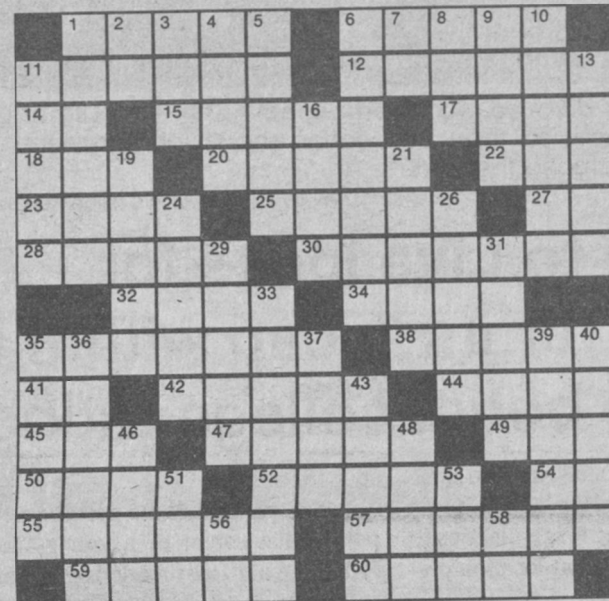
Sunbeam produced the tabloid and pointed to the balding man on the cover. ♦

ACROSS

- 1 Quadrupe
6 Pintail ducks
11 Heel over
12 Missive
14 Room: abbr.
15 Vestige
17 Pilaster
18 Ref's counter-part
20 Babylonian hero
22 Unit of Siamese currency
23 Lampreys
25 Finished
27 College degree: abbr.
28 Pamphlet
30 Mexican shawls
32 Fruit cake
34 Ceremony
35 Chinese laborers
38 Uncanny
41 Forenoon
42 Nuisances
44 Poses for portrait
45 Encountered
47 Declare
49 Unit of Latvian currency
50 Real estate map
52 Trumpeter bird
54 French article
55 Choose
57 Rouse to action
59 Taut
60 Poisonous shrub

DOWN

- 4 Withered
5 Related on mother's side
6 Slim
7 Myself
1 Carpenter's tool
2 Either
3 Soak, as flax



COLLEGE PRESS SERVICE

The Weekly Crossword Puzzle

- 8 Greek letter
9 Sicilian volcano
10 Sofa
11 Small bottle
13 Evaluates
16 Containers
19 Greek philosopher
21 Eagle's nest
24 Part of head
26 Tropical fruit: pl.
29 Attempts
31 Danger
33 Having made a will
35 Collections of tents
36 Egg dish
37 Antlered animal
39 Style of printing
40 Chemical compound
43 Pierces
46 Story
48 Large bird
51 Playing card
53 Doctrine
56 Symbol for cesium
58 Symbol for tantalum

CLUB NEWS

ALPHA GAMMA DELTA

The quarter is almost over and it is once again time to hit the books and study for final exams.

The Alpha Gams have had a great fall quarter and we look forward to an exciting and fun-filled holiday season. Like busy elves, we have been planning events, such as ornament parties and Christmas caroling.

All of the women of Alpha Gamma Delta would like to thank everyone who participated in the Fundraising for Juvenile Diabetes.

Congrats to Mimi who won the ice-cream eating contest.

The week of November 14-18 is Faculty Appreciation Week for the Alpha Gams. All the Alpha Gams would like to thank all the professors who have made our lives miserable during the past quarter (just kidding!). We have lots of goodies and treats for you in appreciation for your time and effort.

Don't forget! If you are interested in joining in on the fun, (and if you are a girl - sorry guys!) then look for posters explaining when and where our next rush parties

will be.

Until then - have a great holiday!

CUB/SGA PROGRAMMING

Recently CUB has put on several events that have not had spectacular attendances. These events are for all ASC students and faculty. The events are generally free, unless they are over a budgeted amount.

So far this year CUB has sponsored The Georgia Satellites, The Columbian Ballet and Regency.

Upcoming events for this year include November 17th Comedian Melvin George 12:30pm MCC, November 21st "Who Shot JFK?" Jenkins Hall Auditorium 12:30.

In the future we have the following tentative scheduled events: Miss ASC January 20th, comedian Tony Domineco 13th, Homecoming February 13th - 18th, Green Tie Dance March 10th, Organizational Olympics April 10-14th, Club Coca Cola April 14th, and much, much more.

We look forward to seeing and hearing from you this year. Need anything? Contact anyone of the CUB/SGA members... we can help!

INTERNATIONAL CLUB

Are you interested in spending Thanksgiving and Christmas holidays at Orlando or Lynchburg, Virginia? Well, if you're an international student, you can!

Plan A: Where - Lynchburg, VA at the Christmas International House When - Dec 19-Jan 2

The Cost - You pay only round trip transportation and a registration fee of \$25

Plan B: Where - Orlando, Florida with American Christian host families. when - December 19-27 or December 26-January 1st
Cost - \$80 registration fee plus roundtrip transportation. December 1st is the deadline to apply.

*both plans include possible sightseeing opportunities and require participation in scheduled activities. Please contact the Armstrong International Club (phone number: 925-3579) or Dr. Steve Rhee at the Gov't Dept.

A special student fare for travel to Japan for only \$799! All interested, please contact the Armstrong International Club (925-3579).



No adultery, no divorce, no abortion, no AIDS: "One Life To Live" just wants a campus to tape on-location shots. John Loprieno and Marcia Cross are among the stars

Photo: ABC Television/College Press Service

One Life to Live looks for campus for its "soap within a soap" to boost college ratings

(CPS) — Hoping to ingratiate itself to some of its most avid viewers, the "One Life To Live" TV show is looking for a college campus on which to do some on-location production.

The ABC "daytime drama" has placed ads in 50 college papers asking students to write and explain why their campus "would be the perfect location" for several episodes featuring "Fraternity Row," the program's "soap within a soap."

While just choosing a campus might have been a more conventional way to select a location, "this was a way to increase college enthusiasm for the show," said Jason Bondeross, the show's spokesman. "There was already a large college audience and this was a way to get them more excited about the program. It was fun."

"We're very open. The campus has to be in the United States, but it can be big or small, rural or urban," said Bondeross.

ABC's research indicates "many" of "One Life To Live's" viewers are college students, Bondeross says.

The unusual approach to finding a campus site for the show, he added, is "a wonderful opportunity to make contact with the

college audience."

ABC would use the campus setting to portray the career of a young "actress," following her from modeling assignments to TV commercials to her role in the fictional "Fraternity Row."

"Fraternity Row" also provides viewers with a "behind-the-scenes look at daytime television," Bondeross explains.

And it also gives campuses a good chance to advertise themselves.

"From the number of college presidents, dean's offices and individual students who have called in," Bondeross says, "it's been a very effective ad."

When the opportunity arises, colleges do compete fiercely to get their names and even buildings included in movies and tv shows. A number of schools campaigned in 1987 to host "A Different World," the Cosby Show spinoff that takes place on a campus.

Spellman College in Atlanta eventually won the chance, but, although many of the set designs are based on real rooms at Spellman, the show's producers ultimately decided not to use footage of the campus itself. ♦

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Immediate Med—Office personnel. 927-6832.

Brasseler USA—Data entry. 925-8526.

Chatham Personnel—Secretary. 352-7373.

SALES

Lotties—Sales. 355-5992.

Dress Barn—Temporary help. 927-6440.

Casual Raggs—Sales. Apply in person.

American Safety Products—Sales. (715) 478-1126.

Willowpeg Golf Club—Sales. Apply in person.

Gilligan Package Shop—Sales. 897-4245.

MANAGEMENT

Pizza Hut—Management Training Positions. 233-6051.

MISCELLANEOUS

Hyatt—Assistant Executive Steward. 944-3603.

St. James—Light Maintenance. 355-3132.

Teitley Tea—Custodian. 964-1933.

Woodall & McGahee—Runner. 238-9999.

Robin Hood Platers—Telephone. 352-7587.

WHTK FM—Announcer. Apply in person.

YMCA—Desk Clerk. 897-1192.

Gardner Ace Hardware—Cashier. 925-8768.

Southeasten Freight—Night Dispatch. 964-7136.

McCorkle, Redigo, Hunter, & Johnson—Runner. 351-9000.

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The American Cancer Society honors ASC Student Government in appreciation for service to the American Cancer Society for the 1987 Creative Black Tie fundraising event. SGA also received Volunteer Youth Project of the Year for the Creative Black Tie.

ARM-IN-ARM



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C	A	R	E	E	N	L	E	T	T
R	M	T	R	A	C	E	A	N	T
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P	L	A	T	A	G	A	M	I	L
S	E	L	E	C	T	B	E	S	T
T	E	N	S	E	S	U	M	A	C

Over the holiday break, the Inkwell staff will be reevaluating the structure, format and content of *The Inkwell*.

With your help, we can make the changes you would like to see.

Please take the time to fill out the *This is your newspaper!* form and let us know what you think. Then, place your anonymous contribution in the blue box next to the INKWEEL stand in the cafeteria.

Remember *this is your newspaper*. All suggestions will be given serious consideration.

The Inkwell

This is your newspaper!

1. What would you like to see? _____

2. What have you liked so far? _____

3. What needs to be changed? _____

other comments: _____

student ☐

faculty ☐

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- Contact the Department of Naval Science, NROTC SavannahState/Armstrong State at 356-2206/2207.
- Your college recruiting representatives are Lieutenant Len Williams and Senior Petty Officer Archie Sanders.